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prevented; for with the loss of sleep exhaustion ensues and further climbing may be stopped.

The headache seems to be inevitable at a high elevation, and it generally persists for some time after return to a lower level.

In most cases of hemorrhage there is time for descent to a lower altitude, and this gives relief.

When scientific work is to be done at a great elevation, Mr. Douglass recommends Mr. Whympers plan of remaining two or three days at a height of about 16,000 feet before beginning work.

The food should be of the kind most easily digested, beef tea, broths, etc. Bread without butter, toasted before an open fire, and water as hot as one can drink it, give tone to the stomach. Alcoholic stimulants may occasionally be of use, but generally they are to be avoided.

Au Pays des Ba-Rotsi Haut-Zambèze, Voyage d'Exploration en Afrique et Retour par les Chutes Victoria, le Matabéléland, le Transvaal, Natal, le Cap. Ouvrage Illustré de 105 Gravures et de Deux Cartes. Alfred Bertrand, Membre de la Société de Géographie de Genève, Membre de la Société Royale de Géographie de Londres, Membre de la Société de Géographie de Paris. 8°. Paris, Librairie Hachette et Cie., 79 Boulevard Saint-Germain. 1898.

M. Bertrand was one of four Europeans engaged in the expedition described in his book; the others being Capt. A. Saint-Hill Gibbons, at the head of the party, Mr. Percy C. Reid and Mr. F. D. Pirie. The book is in three parts: the Diary, of nearly 300 pages, and two Appendices, one of 15, the other of 10 pages.

The Diary begins with the start from Southampton, March 23, 1895, and closes with the return to the same port, March 2, 1896.

Interested in everything that came before his eyes, M. Bertrand records his impressions briefly and simply, without any attempt at fine writing. He made the journey from Cape Town to the Zambezi and back again without seeking adventure, but taking it as it came, in the march through the wooded country or the great "thirst land." Writing of his personal experiences, he keeps himself in the background and has nothing to say of his own exploits. Others of the party killed lions; M. Bertrand passed a night in a tree, waiting to shoot a lion that never came.

Of the native kings with whom he spoke Khama was the most remarkable; a monarch who has had the intelligence to forbid traffic in spirituous liquors in his dominions. He is a convert to

Christianity and to the European costume; it is a pity that his tailor is not an artist.

M. Bertrand thinks highly of the work done by the Swiss missionaries among the Ba-Rotsi, evidently not because they are Swiss, but because they are faithful and intelligent men striving to do all the good in their power.

It is not easy, M. Bertrand thinks, to make a comparison between the Victoria Falls of the Zambezi and Niagara, which is perhaps the more imposing from the volume of water, though the African falls are decidedly more picturesque, and their volume must be greatly increased in the rainy season.

The first Appendix gives a summary account of the Ba-Rotsi, their tribes, religion, manners and customs, and the resources of their country, which is bounded, roughly speaking, by the 12th and 18th degrees of south latitude and the 20th and 29th degrees of east longitude.

M. Louis Jalla, a missionary established at Kazungula, communicated the results of 10 years' observations of temperature, as follows:

Mean for the Hot Season (end of October):

Day, 39° – 40° Cent. (102° – 104° Fahr.).

Night, 20° – 22° Cent. (68° – 72° Fahr.).

Mean for the Cold Season (May, June, July):

Day, 24° – 25° Cent. (75° – 77° Fahr.).

Night, 6° – 10° Cent. (43° – 50° Fahr.).

The climate is generally unhealthy, but the natives are well developed physically, industrious, intelligent, skilful workers in iron and wood, excellent boatmen and stout marchers. They have a gift for mechanics.

One of the missionaries, M. Coillard, affirms that the religious sentiment is more highly developed in the Zambezi people than in any other tribe of South Central Africa. They have neither idol nor fetish; they pay homage to the shades of their ancestors and worship also a supreme being (Nyambé), symbolized by the sun, and his wife, typified by the moon. These two produced, first the animals, and afterwards man. A conflict followed between man and Nyambé, and man was so intelligent that Nyambé took fright and climbed into heaven by a spider's web. He has since remained invisible.

Some of the tribes believe in metempsychosis and each man chooses the animal into which his soul shall pass after death.

The Ba-Rotsi cultivate sorghum, maize, millet, pea-nuts, sweet potatoes, mainoc, squashes, watermelons and tobacco, and they raise cattle of two breeds, goats, sheep and poultry.

The second Appendix condenses the reports of the expedition published in the *Geographical Journal* for February, 1897.

M. Bertrand's figures are generally correct, but he, or his printer, has gone wrong on page 280, in giving to the colony of Natal an area of 32,000 square kilometres,
—equal to the united area of England and Wales.

Natal contains about 50,000 square kilometres; England has 151,048.

Most of the illustrations in this very handsome volume are from photographs by the author.